

United States Air Force



Retiree Activities Newsletter

Tyndall AFB, Florida

September 2002

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'RETIREE APPRECIATION DAYS'

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Retirees key to supporting TAFB mission, life

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

I'm happy to begin this column by welcoming aboard the new director of the Tyndall Air Force Base Retiree Activities Office, retired Air Force Lt. Col. Edward Bultmann.

Colonel Bultmann served his country in two branches — four years as a sailor and 19 years as an Air Force officer. (Learn more about his career highlights and family in article below.)

As the new RAO director, Colonel Bultmann is here to assist our Tyndall-area retirees. He and other RAO volunteers are the driving force behind Team Tyndall's support to the retired community. I look forward to working with the RAO and Colonel Bultmann today and in the future.

The colonel will definitely hit the ground running as Tyndall's Retiree Appreciation Days take place here Oct. 18-19. (See page 4 for schedule of events and related specials).

As in similar past events, this is our way of thanking our retired servicemembers for their selflessness

and sacrifice — to the life of our nation and our own base community.

I hope you find this year's events better than ever and, as always, we appreciate any feedback you'd like to share about them.

Throughout the Team Tyndall community, we see many examples of retiree volunteerism paying great dividends. Tyndall retirees contribute a whopping 5,000 hours of service each month to our base community. Many work as American Red Cross volunteers at the 325th Medical Group, others directly for the RAO, the Family Support Center, Tyndall Elementary School and elsewhere. Simply put, Team Tyndall is a better place to work, live and play thanks to their contributions.

I hope you'll find all the information in this issue very helpful to your daily life. Please don't hesitate to contact Colonel Bultmann if you need help, or if there is any information you feel is important to the rest of the retired community.

Thank you for your untiring support to our mission and our way of life.

Team Tyndall welcomes new RAO director

The Team Tyndall community recently welcomed a new director of the Retired Activities Office. He is retired Lt. Col. Edward Bultmann.

Colonel Bultmann was commissioned in the Air Force in May 1952. He retired in 1971 after 19 years active duty in the Air Force and four years active enlisted service in the Navy.

Colonel Bultmann's Air Force tours included assignments to the Wright Air Development Center, the Air Force Special Weapons Center and the Air Force Weapons Laboratory. He was chief of construction at Headquarters PACAF

and deputy commander of the 820th and 823 REDHORSE Squadrons during the Vietnam conflict. His final Air Force

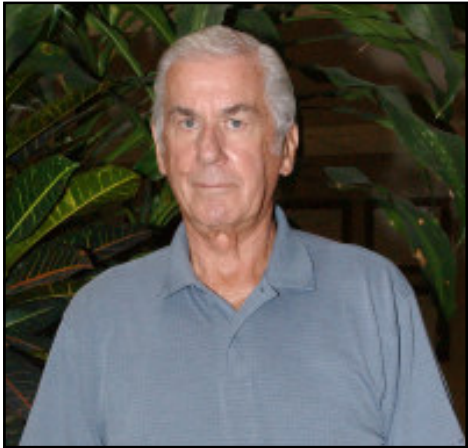
assignment was as program manager in the Air Force Directorate of Development and Acquisition.

Subsequent to his retirement from the Air Force he held engineering and management positions with several engineering firms. He retired from the University of New Mexico in May 1993.

Colonel Bultmann has a bachelor of science degree in civil engineering from Tulane University and master of science and doctorate degrees in structural engineering from the University of Illinois.

He and his wife Inis moved to Panama City from New Mexico in

November 1993. They have five children and six grandchildren.



Tech. Sgt. Dan Neely

Retired Air Force Lt. Col. Edward Bultmann

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Director’s Corner

RETIREE ACTIVITIES OFFICE STAFF

Once again, we are asking for help from retirees in the area. The Retiree Activities Office is staffed by retirees, who volunteer their time to help others. The office is currently understaffed and is in need of volunteers. If you have as little as three hours a week you can use to help others, then the RAO is the place for you.

Not only do you get the satisfaction that comes from helping others, you are in a position to stay up to date on retiree benefits and programs. There is a wealth of information available in the office. So, if you would like to help, just call the RAO at 283-2732 or, better yet, stop by and talk to us in Building 662, Room 245 from 9 a.m. to noon Monday through Friday. No experience is necessary except that which you bring.

Next, there has been much information put out in the past months dealing with long-term health insurance. The staff of the RAO strongly recommends that you learn as much as you can about the program and make your decisions based on your needs. There are several plans made available by several different companies.

The Office of Personnel Management Web site at www.opm.gov/insure/ltc/index offers a calculator for figuring your premiums, as well as in depth information on the Federal Long Term care program. You can also order an open season application kit online or talk to a specialist by calling (800) 582-3337.

Finally, we encourage you to attend the Retiree Appreciation Days Oct. 18-19. Come out and take advantage of the various activities and services.

E-mail service offers speedy TRICARE answers

THEMS is a free e-mail service that provides quick answers to TRICARE questions. Clinical questions should be referred to your primary care provider.

The U.S. Army Medical Command TRICARE staff responds to your request. In some cases, referrals are made to other agencies for a response. For cases referred to other agencies, inquirers are informed who will respond to their inquiries. Information is kept confidential, and each e-mail inquiry is tracked to ensure answers are provided quickly and professionally.

In most cases, you will receive a reply within two business days. If an e-mail requires research or referral to other agencies, it may take longer; but, you can expect an interim response within five business days. The e-mail address is: TRICARE_help@amedd.army.mil.

(Source: THEMS TRICARE Newsletter Service)

Long-term health care: What it is and what it’s not

Long-term care insurance. What does it mean? Do you need it?

Do you think because the Federal Long Term Care Insurance Program is sponsored by the U.S. Office of Personnel Management that it is the best deal available to you as a member of the military retiree community?

The FLTCIP open enrollment period will extend through Dec. 31 with staggered 60-day enrollments within that time period. Already, much of the necessary information can be found on the Internet at OPM’s home page, www.opm.gov/insure/ltc/. Although that will work for many, not all folks who receive this service feel comfortable tracking down and interpreting information. The latest information will continue to be published via the Air Force Retiree News Service and the *Afterburner, News for USAF Retired Personnel*.

On the other hand, since the FLTCIP is not a one-size-fits-all program, only you can answer some questions, and extensive research may be required.

First, try to determine what long-term care is. The OPM says it is the kind of care you would need to help you perform daily activities if you had an ongoing illness or disability. It also includes the kind of care you would need if you had a severe cognitive problem like Alzheimer’s disease. It is help with eating, bathing, dressing, transferring from a bed to a chair, toileting, etc.

This type of care isn’t received in a hospital and isn’t intended to cure you. It is not acute care. It is chronic care that you might need for the rest of your life. It can

be received in your own home, at a nursing home or other long-term care facility.

There seems to be much confusion in this area, since many people think long-term care is a health care plan. It is not.

As the OPM reports, although health plans may cover some of the skilled medical services you may need when you can’t care for yourself after an illness or injury, it’s usually for a limited period and only as long as you’re showing improvement.

Health plans typically do not cover ongoing chronic care, such as an extended stay in an assisted-living facility or a continuing need for a home-health aide to help you in and out of bed. No health plan known by the OPM will cover all of your long-term care needs.

That’s where long-term care insurance comes in. It’s insurance that helps you pay for long-term care services, such as home care or care in a nursing home or assisted-living facility.

Open season applications are available at www.ltcfeds.com. You can put your name on the mailing list to receive an open season information kit, including an application, by calling (800) 582-3337; (TDD (800) 843-3557) or by going to “Request Info” at www.ltcfeds.com.

Before enrolling it is important to study all materials received and understand long-term care insurance thoroughly. In this case, there is no such thing as too much information. And after you’ve looked at the FLTCIP, check around for plans offered by other companies and compare the cost and coverage.

(Source: AFRetire)

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Retiree news e-mail service

This service is to inform members of the Air Force retiree community – including family members – about legislation, policies and other matters affecting their rights, benefits and obligations.

TO SUBSCRIBE

Address a new e-mail

In the “to” line put (exactly as shown) list.manager@listserver.afpc.randolph.af.mil

Your e-mail address will automatically appear in the “from” field.

On the subject line, type in exactly as shown:

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There is no need to write anything in the body of the message.

That’s all there is to it. Hit send. You will get a return message indicating that you have been subscribed as a non-digest member.

Concurrent receipt beat goes on

House and Senate conferees have begun their work to hammer out differences in their respective versions of the fiscal year 2003 defense bill. At the top of a significant list of contentious issues the conferees must resolve, according to The Retired Officer Association, is the authority for concurrent receipt of military retired pay and Veterans Administration disability compen-

sation.

TROA officials reported that many of their members and others have been calling and writing to ask if there has been any progress. Their reply is that the conferees work hard to keep their negotiations private, and their staffs are embargoed from discussing progress until a final agreement is announced.

This means it will be

weeks, or even months, before the outcome is known. There is increasing talk on Capitol Hill that Congress may need to return after the election to finish its work on a variety of legislation, including the defense bill.

Members of the retiree community who would like to express an opinion on this subject or any other issue should address their concerns to their legislators.

(Source: AFRetire)



325th Services Squadron provides information, offers for retirees

‘No smoking’ policy
All services’ facilities will become smoke-free Dec. 7. The Air Force implemented this requirement for most of its buildings two years ago, but allowed the services squadrons time to accommodate the directive. Smoking areas will be provided outside of each facility. The 325th Services Squadron apologizes for any inconvenience this may cause its patrons.

Electronic news
Get a weekly update of Tyndall activities on your home computer by sending your personal e-mail address to whats.happening@tyndall.af.mil. Distributed each Friday, the information for whats.happening@tyndall.af.mil focuses on events within an upcoming two-week period.
Beginning in October, the 325th SVS will host its own Web

site: www.325thservices.com.
Designed for easy use, the site will provide general information about all the services’ facilities as well as highlight special events.
Take advantage of these two convenient ways to stay informed about the activities the services squadron has planned for every member of the Tyndall community.

New at the clubs
Attention retired officers: In August, officers’ club dues for retirees were reduced from \$18 to \$16. Please check your statement to make sure you are getting this club membership advantage.
Don’t forget that the enlisted and officers’ clubs have converted to a joint-use dining program. All ranks are welcome at the officers’ club for both lunch and dinner.

Rotating lunch buffets are served throughout the week and evening dining is available as buffets on Wednesdays and Thursdays; a la carte on Fridays and Saturdays.
You can still enjoy club dining on Saturdays even when there is a special function. Helene’s Café in the Checkers Lounge offers a limited menu with choices such as grouper filet, chicken breast and prime rib. Children’s menus are also available.
Remember the monthly Super Sunday Brunch. Enjoy omelets, waffles, sausage, fruit and other brunch delectables. Served at the officers’ club, Super Sunday Brunch is open to everyone.
Check your club calendar for dates or call 283-4357 for more information.
Twilight golf at Pelican Point
Tyndall’s Pelican Point Golf Course offers twilight golf rates

of \$15 for military and \$18 for guests beginning at 1 p.m. Wednesday through Monday. Tuesday’s twilight rates start at 3:30 p.m. due to intramural play. Patrons are reminded twilight golf operates on a first-come, first-served basis with no reservations for tee times.
Flea market
Now is the time to get rid of all the unwanted items around your house.
Bonita Bay will hold its Fall Flea Market 7:30 a.m.-1 p.m. Oct. 26. Costs are: \$7 per space only; \$10 for space and one table; \$12 for space and two tables; \$25 for small pavilion; \$20 for inside large pavilion where electricity is available. Call 283-3199 to reserve your spot.

Hidden treasures
In honor of the military family, the 325th SVS will once again

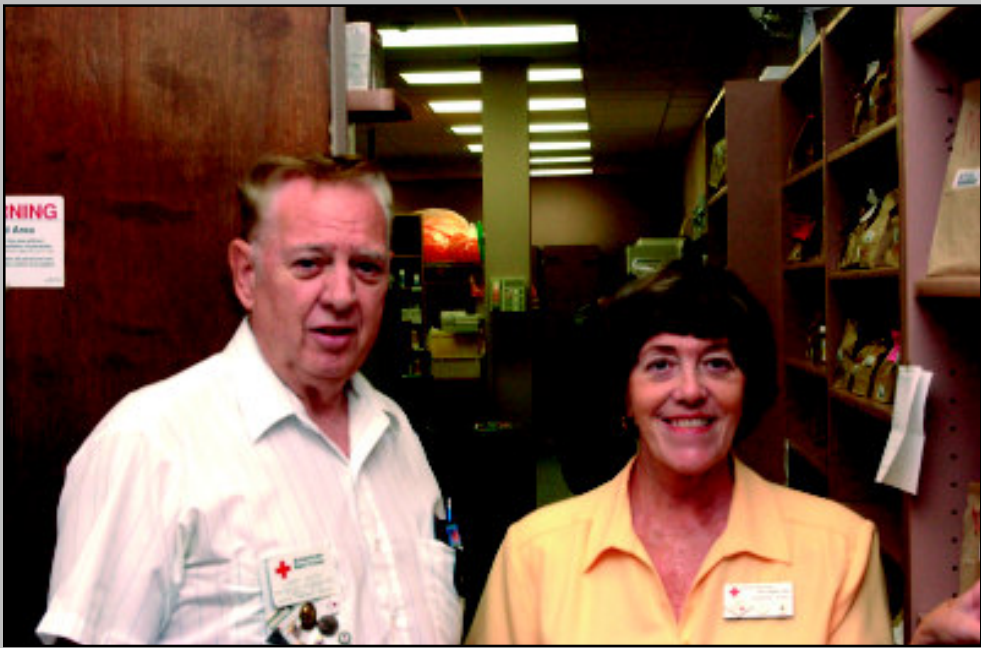
offer the Hidden Treasures Scavenger Hunt November 1-22.
The game requires players to visit several base locations to get the answers to specific questions about the facilities and the programs they offer.
Game boards can be picked up at any of the participating facilities. A grand prize will be awarded through a random drawing of all correct entries.
Lodging
Because TDY requirements are traditionally low during the Christmas holiday, the Sand Dollar Inn anticipates having space- available accommodations between Dec. 20, 2002 and Jan. 5, 2003. Contact the Sand Dollar Inn’s reservation office at 283-4211, ext. 3346 or 3348 to reserve rooms for special guests and visiting relatives.

Larry Avery

Retiree Spotlight

Margaret Avery

Office: American Red Cross
Years in Panama City area: 37 years.
Years in the military: 20, retired Air Force staff sergeant.
Hometown: Kingston, N.Y.
Favorite Assignment: Tyndall AFB, 1966-1970.
Greatest aspect of your job: Working with and helping people. Interaction with other retirees.
Why do you volunteer: It’s the right thing to do!
Long-term goals: Keep helping people for as long as I can.
Favorite book: Adventure stories.
Hobbies and activities: Wood working, making cement tables and statues.



Larry and Margaret Avery are American Red Cross volunteers. They assist military members by processing prescriptions at the satellite pharmacy.

Office: American Red Cross
Years in Panama City area: 37
Years in the military: My husband retired from the Air Force as a staff sergeant.
Hometown: Kingston, N.Y.
Favorite Assignment: Tyndall AFB, 1966-1970.
Greatest aspect of your job: Working with the military. When you’re active duty, you’re separated from your family, and other active-duty members become your family.
Why do you volunteer: It’s the right thing to do!
Long-term goals: Keep helping people for as long as I can.
Favorite book: Historical novels
Hobbies and activities: Gardening.

‘Retiree Appreciation Days’ feature special events, discounts

Oct. 18
❑Room reservations available at Sand Dollar Inn. Call 283-4211, ext 3346/3348
❑Half-price green fees for daily payers or half-price cart fee for advance green fee payers at Pelican Point Golf Course
❑Two-for-one lunch entrées at Beacon Beach Marina Club

Oct. 18 and 19
❑Free coffee and doughnuts (from 9-10:30 a.m. at base exchange)
❑Half-price boat rentals at Bonita Bay (does not include fuel). Boater safety course is required. Call 283-3199 for information or reservations.
❑Free use of auto stalls, lifts and the wood shop at Skills Development Center.
❑Army and Air Force Exchange Service has many special sales and events at the base exchange. Sale items are subject to stock on hand only. Most product demonstrations will run between 10 a.m.-2 p.m. Some events and sales include:
— Felix Lake Shoppette giveaways and drawings;

doughnuts and coffee from 9-11 a.m.
— Anthony’s Pizza and Wok Works drawing for rod and reel and \$25 gift certificate
— Half-price admission to the base theater
— Discount on dry cleaning; select 10 percent off at flower shop and ALLTEL
— 5 percent off entire purchase at Class Six (with a retiree ID card); drawing for a golf bag

Oct. 19
❑Commissary open from 8:30 a.m. to 5 p.m., special drawings for retirees
❑ID card service. Old ID card or driver’s license required. Building 662, 2nd floor, from 9 a.m.to 1 p.m.
❑Wills and legal assistance from 9-11 a.m. Wills completed by appointment only, call 283-4681; other legal assistance will be on a walk-in basis, Building 662, 1st floor
❑Vehicle pass and registration will be open 9 a.m. to 1 p.m. in Building 662, 2nd floor. Proof of insurance, registration, ID card and license required. Bring old decals to delete a vehicle.

❑Flu vaccine, health and wellness center, Bldg. 1307, walk-in basis 9 a.m. to noon
❑Optometry Booth, glaucoma screening
❑Women’s health clinic, “Breast Cancer Awareness,” Building 1307, 9 a.m. to noon
❑25 percent off dinner for members, 5:30-8:30 p.m. at officers’ club
❑Retiree Information Fair in the old AAFES optical/ALLTEL office area from 9 a.m-1 p.m. Information about Delta Dental Plan, services marketing, Tyndall Federal Credit Union, TRICARE (Prime, Plus, For Life), Veterans Administration, volunteer program, Social Security, health and wellness center, nutritional medicine, mental health and AAFES will be available
❑Pharmacy booth in the patio area by the satellite pharmacy, 9 a.m. to noon
❑Breakfast (6-8 a.m.) and lunch (11 a.m. to 1 p.m.) at Berg-Liles Dining Facility
❑25 percent off lunch at the snack bar in community activities center
❑Three free games of bowling at Raptor Lanes Bowling Center.

TRICARE gives advice on travel-related medical care

According to TRICARE officials, denied claims for care received out of the local area account for many of the denied or point of service claims. Failure to properly file the claim is one of the most common problems.

TRICARE officials list the following pointers to facilitate the processing of claims:

* TRICARE claims must be filed to the claims address for the region in which the patient lives on the date of service. For example: providers in Virginia are accustomed to filing claims to Palmetto GBA in South Carolina.

If a patient from Texas gets medical care while on vacation in Virginia, the patient needs to make sure the provider mails the claim to WPS in Wisconsin, not the Palmetto address the provider normally uses.

* When giving a provider your address, provide your home address, not the temporary address where you are visiting. A patient address on the claim that does not match the address in DEERS will prevent the claim from processing correctly.

Prime and Prime Remote enrollees should always seek prior authorization before seeking care while away from home. The only exception to this rule is an emer-

gency, which a reasonable layperson would believe endangers life, limb or eyesight. Even in the case of an emergency, the patient or a family member should seek an authorization for treatment as soon as reasonably possible.

* It is usually a good idea to call or visit your TRICARE Service Center before you travel. They can explain pertinent local policies.

Please note that you may need to contact your local telephone company to find out how to access a toll-free number from outside the United States.

* If you do encounter problems with your claims, contact either a customer service representative at the TRICARE Service Center or the Beneficiary Counseling and Assistance Coordinator at the nearest military treatment facility. Either can help you, but it is important to seek help in a timely fashion.

If you need prescription medication while traveling —When you are outside of your TRICARE region, the following guidelines apply:

* Make sure you take along enough of your prescription medications to last for the entire trip. The Tyndall AFB Pharmacy works with the patients on an indi-

vidual basis to provide adequate medications for the expected length of absence from the area. If you have to fill a prescription while outside of your TRICARE region, you will have to pay the entire amount out of your own pocket and then seek reimbursement from TRICARE when you return home.

If you are enrolled in Prime, you may be assessed a point of service charge unless you call the health care finder and obtain an authorization. When traveling within your region, pay only the co-payment by using a network pharmacy.

* If you are taking a long vacation and you want to make sure you don’t run out of medicine while you are away, the National Mail-Order Pharmacy can help. You can receive up to a 90-day supply when you order your medications through the NMOP.

For additional information and to register with the NMOP call (800) 903-4680.

Web sites:
*www.merck-medco.com/ (for additional NMOP information)
*www.tricare.osd.mil/ClaimForms (to download claim forms)
(Source: AFRetire)

TRICARE offers health info line

TRICARE regions have toll-free TRICARE Health Care Information Lines that provide medical advice and assistance for non-emergency situations that may be encountered — saving the beneficiary both time and money.

When an HCIL is contacted, the caller has the option to either listen to one of the hundreds of topics on health from the audio-health library or speak with a nurse who is on duty.

The HCILs provide 24/7 medical information service. The HCILs do not serve as pre-certification or authorization for medical services.

Region 3 (Southeast) and **Region 4** (Gulfsouth) (800) 333-5331 — Coverage: Alabama, Eastern Arkansas (near NSA Mid-South, Millington, Tenn.), Florida, Georgia, Louisiana (eastern) Mississippi, South Carolina and Tennessee.